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H-PLUS® POTPOURRI

by Shirley Bliley, H-PLUS Coordinator

I'd like to take this opportunity to thank all of you who are using the *H-PLUS* Functions so diligently and taking the time to complete and return your Home Study Surveys. We want to hear about your successes and tribulations in order to develop *H-PLUS* in the way that best suits your needs.

In that vein, we'd like to share a selection of suggestions for additional Function exercises which have been gleaned from the survey forms submitted during the past year. They reflect great creativity and astute perception of the possibilities inherent in *H-PLUS* use.

Ready? Here are the most wanted H-PLUS Functions (by category). Listed with some of them are existing Exercises that can be used individually or in combination to achieve the desired results:

A tape directed to all portions of the Total Self for promoting inner confidence and bringing it into harmony and balance while generating and transforming energies into constructive, beneficial channels. Stated differently, an exercise for learning to erase poor self-image, fear of failure, and all other common deterrents to success and happiness and replace them with the desired attitudes and characteristics. [*Eight-Great, Contemplation, Wake/ Know, Mobius West, Speak Up*]

A Function for centering and grounding oneself. [Increased proficiency, through practice, with the *H-PLUS* exercises can contribute to a more centered life.]

An *H-PLUS* tape or series of tapes to support developing intuition and paranormal powers (i.e., psychokinesis, clairvoyance, telepathy, precognition, aura reading, channeling, psychometry); also, opening and developing the chak- ras and human subtle energy bodies, and achieving greater awareness of other realities. [Contemplation with any other meditative practices you favor]

A tape to enhance visualization ability. [*Think Fast, Contemplation*]

A Function Exercise to assist in recalling positive group energy and love; opening to greater experience of joy, humor, happiness. [*Recall, Empathizing, Make Your Day*]

One for learning to establish a "set point" in relation to weight and homeostasis (metabolism). [*Nutricia, Eat/No Eat, Mobius West*]

More specific physical Functions requested include: menopause symptoms; liver, kidney, and skin repair and maintenance; sinus conditions; improving night vision; and spinal adjustment. [*Tune-Up* by itself and with *Circulation, Heart: Repair & Maintenance, Sensory: Seeing, Detox: Body*]

Tapes geared to particular sports — golf, tennis, bowling, etc. [*See-Be*, *Light Foot*, *Synchronizing*, *Strong-Quick*, *Relax*, *Think Fast*, *Attention*]

Multiple Functions on one tape to play at night (like combining Heart: Repairs & Maintenance with Tune-Up, or Sensory: Seeing with Sensory: Hearing). [Try a dual-cassette tape player and create your own combinations.]

A tape to assist in learning foreign languages. [*Attention, Imprint, Recall, Think Fast, Speak Up, Relax*]

Modify *Buy The Numbers* to address the area of logical reasoning in symbols. [Focus your intention on that area while using the command.]

Financial success—including changing financial patterning, discovering the ideal vocation, programming to increase income, reversing poor financial planning, and help in recognizing early negative financial patterns. For winning the lottery. [*Options, Mobius West, Off- Loading, Make Your Day*]

A tape with *H-PLUS* signals and no verbal instructions to provide a sustained, mindful, deep meditative state. [Once *Contemplation* is learned, using the Function Command accesses this kind of state.]

Functions for children in the areas of: sibling rivalry, obedience, learning to think, safety first, instilling good habits, and divesting bad habits. [*Relax, Attention, Let Go, Eight-Great, Mobius West, De-Hab*]

Tapes to improve pep level, auditory memory, and mechanical skills, read faster, and get up early in the morning. [*Reset, Imprint, Sensory: Hearing, Think Fast, Synchronizing*]

Exercises for no smoking, alcohol, drugs or abuse (for those tending to abuse spouses or children). [*De-Hab, Off-Loading*]

An *H-PLUS* Function for rejuvenation, a “Fountain of Youth.” [*Regenerate, Eight- Great, Tune-Up, Mobius West]*

A tape to relieve psychological pain while simultaneously increasing endorphin production and allowing increased access to unconscious material. [*Let Go, Tune-Up, Recall, Off-Loading, Contemplation*]

World peace, communicating with animals, and understanding the earth, nature, and the Universe as a whole. [*Mobius West, Empathizing, Contemplation*]

A Function Exercise for invisibility. (This would remove the need for many others, wouldn't it?)

Thanks again for sharing these ideas. Your input is considered as we expand the H-PLUS repertoire. Remember, by utilizing the complementary Hemi-Sync® tools offered in the G*ATEWAY EXPERIENCE*® and *MIND FOOD*® series, the possibilities are limitless. Keep on Plussing!

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